

Safeguarding and Child Protection at Jarrow School

Parental Newsletter



HAF Programmes—Christmas Holidays

What is the HAF Programme, South Tyneside?

The Department for Education (DfE) has provided grant funding to all local authorities in England, to co-ordinate free holiday provision for children and young people entitled to benefit-related free school meals.

The HAF programme has 6 key objectives for children:

- To eat more healthily over the school holidays.
- To be more active during the school holidays.
- To take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- To be safe and not socially isolated
- To have greater knowledge of health and nutrition
- To be more engaged with schools and other local services



When will the next programmes run?

The next HAF programme will run during the winter holidays and booking will be available from 18th December 2023.

All events are subject to availability and booking is essential.

The sessions take place at a variety of locations within South Tyneside and will include:

- A variety of fun activities
- Exciting opportunities to learn and develop skills
- A nutritious meal each day

Who can attend?

To be eligible to attend a free activity club, young people must:

- Live in South Tyneside and
- Be 5—16 years old and
- Be eligible for benefit related , or be in a family currently experiencing hardship

HAF programmes operate on a trust-based booking system! Book via the link of the South Tyneside Youth Service Facebook/Instagram Page.

Local Food-banks

Hospitality and Hope. Hampden Street, South Shields, NE33 4JR. 0191 420 3336

Hebburn Helps. 14 St John's Precinct, Mountbatten Shopping Centre, Hebburn, NE31 1LQ . 0191 4899707

Key2Life foodbank. 07833 613393

Bede Helping Hands. Glasgow Road, Scotch Estate, Jarrow, NE32 4AU - 0191 816 3021

Boldon CA Food Bank. Boldon Community Centre, New Road, Boldon Colliery - 0191 5368 085

Useful Acronyms & Vocabulary

DSL: designated Safeguarding Lead

SPOC: single Point of Contact (PREVENT) responsible for preventing children being impacted by extremism.

Sexual Violence: incidents such as rape, assault by penetration and sexual assaults.

Sexual Harassment: sexual comments, remarks, jokes and online sexual harassment, which may be stand-alone or part of a broader pattern of abuse.

Sexting: also known as 'youth produced sexual imagery'

Sexual abuse: being persuaded or forced into undesired sexual activity

Misogyny: feelings of hating women or the belief that men are better than women

Who's who at Jarrow School

Mrs Lobban
Senior DSL

Miss Clark
Deputy DSL, SPOC and Senior Mental Health Lead

Miss Simpson
Safeguarding Assistant

Mrs D Ewart
Link Governor for Looked after Children



Useful Acronyms & Vocabulary about Safeguarding

STSCP: South Tyneside Safeguarding Children's Partnership

KCSIE: Keeping Children Safe in Education

CAMHS: Child and Adult Mental Health Services

CYPS: Children and Young People's Service

ICTS: Children's Mental Health Crisis Team

MARAC: Multi Agency Risk Assessment Conference

PPO: Police Protection Order

NSPCC: National Society for the Prevention of Cruelty to Children

Non-molestation Order: a special injunction that aims to prevent a partner or former partner from harming you or your child

Domestic Abuse: includes physical, emotional and sexual abuse in intimate relationships or between family members.

Front Door: Children's Social Care referrals and point of contact

MASH: Multi Agency Safeguarding Hub

For more information about how we safeguard the students of Jarrows School, view our Safeguarding and Child Protection Policy on our website:

www.jarrowschool.com

Mental Health Support for Students

Lifecycle/ Healthy Minds Team:
0191 2832937

Escape: 0191 4276353

CYPS/ Child Crisis Team: 0191 5665500

Parenting Support

Early Help Family Workers: 0191 4246210

Children's Social Care: 0191 4245010

Out of Hours Social Care: 0191 4562093

Online Safety—Get to Know Age Ratings

Age ratings are in place to help protect your child, so we thought we'd provide you with a little reminder of how important it is to check the age ratings of what your child is accessing online. Here are the age ratings of some of the more popular apps that young people are accessing. Did you know that WhatsApp has an age rating of 16?



Whether your child is viewing films, accessing apps, playing games online, using social media or downloading other apps – check the age rating first to see if your child is old enough. In addition, the likes of PEGI include further content descriptors, which will give you an indication of the type of content that your child might view e.g. violence if accessing the app/game etc. It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also important to review the content yourself. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it would be beneficial to apply further parental controls

Further information Parent Zone have published this article about why age ratings matter: <https://parentzone.org.uk/article/age-ratings>

Artificial Intelligence (AI)

Artificial Intelligence (AI) It can be difficult to keep up to date with new technologies and to know if there are any related risks that we need to be aware of when using new technologies. AI is being talked about a lot, so it is worthwhile learning more about it now to help support/answer questions if our children show an interest.

Twinkl provide a brilliant overview of AI here: <https://www.twinkl.co.uk/blog/parents-guide-top-tips-for-navigating-generative-ai-safely-with-kids>

Fake Profiles and Cyberbullying

Setting up a profile impersonating somebody else with the intention of being unkind to others/to cause embarrassment to the individual is a form of cyberbullying. If your child has set up a fake profile, talk to them about how this is a form of bullying and therefore not acceptable. It is important that we talk to our children about the issue of cyberbullying and let them know that if they are ever a victim of it then it is not their fault, and they should tell you (or a trusted adult) straightaway. Talk to your child about reporting and blocking tools on social media or online games and show them how to use them to report any form of bullying. You can read more about cyberbullying here:

<https://www.childline.org.uk/in-fo-advice/bullying-abusesafety/types-bullying/bullyingcyberbullying/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

Additionally, 'Report Harmful Content' have listed how you can report impersonation accounts on the different social media networks here:

<https://reportharmfulcontent.com/advice/impersonation/>



If you have any concerns about the safety and/or welfare of a child or young person, telephone the Front Door Children's Social Care Team on 0191 4245010. Outside of office hours, please contact the Emergency Out of Hours Team on: 0191 4562093. You can also contact school and speak with one of our DSL's for further advice.

Support Agencies

NSPCC

<https://www.nspcc.org.uk/>

Children's Services

Day time: 0191 4245010

Out of Hours: 4562093

Police

Emergency: 999

Non emergency: 101

Matrix

(drugs and alcohol service)

0191 497 5637

Bright Futures

(Child Sexual Exploitation)

0191 455 1196

The Key Community

(Family breakdown)

0191 496 9710

Young Carers

0191 427 2795

Impact Family Services

(Adult and Child Domestic Abuse)

0191 456 7577

Men's Aid

(male victims of domestic abuse)

SURT

(Young person's intimate partner abuse)

07565538165/

07907560522

contact@wearesurt.org

**Healthy Minds Team/
Lifecycle (CAMHS)**

0191 2832937

CYPS/ Child Crisis Team

0191 5665500

Child to Parent Violence and Abuse (CPV)

Am I alone?

Children being abusive and violent towards parents and family members is a serious issue and evidence suggests it's increasing. Research indicates that 20% of teenagers are violent to their parent (mostly mothers) and about 10% seriously so.

What is CPV?

Violence and abuse is any behaviour used by the young person towards any family member, with the aim of controlling, dominating, threatening or coercing them.

How do I know if it's happening?

Listen to your own warning bells. You may have experienced CPV if:

- You feel afraid of upsetting your child and you change your own behaviour to avoid this
- Your child threatens to hurt you, themselves or others if you do not meet their demands.
- Your child ridicules or tries to humiliate you
- You are 'walking on egg shells' trying to predict your child's wants/needs
- Your child punches, pushes, hits, throws things, damages property/possessions or hurts you or their siblings
- Your child threatens that they will leave home if you do not do what they want
- Your child blames you for their behaviour

What can you do if your child is being violent ?

- Talk about the violence with someone you trust
- Contact services for help and advice
- Consider making a safety plan
- If you are in fear for your ow/another person's safety—call the Police on 999

Keeping Safe

It can be useful to think about putting things in place to keep you safe (safety planning). Here are a few suggestions:

- How will you get out of the house if you need to
- Where could you go and who could support you in an emergency
- Choose a code word and only share this with people you trust so that you can notify them if you're in danger
- Always have numbers of key people on you
- Always ensure you have access to your phone
- Try to keep money aside so that you have money for bus/taxi/metro if you need it
- Keep a spare set of house keys in a safe place
- Ensure other siblings can use a phone and know where to find emergency number

It is normal to feel at a loss as to what to do, see the next page for some useful advice!



If you have any concerns about the safety and/or welfare of a child or young person, telephone the Front Door Children's Social Care Team on 0191 4245010. Outside of office hours, please contact the Emergency Out of Hours Team on: 0191 4562093. You can also contact school and speak with one of our DSL's for further advice.

What To Do

Look after yourself - This is vital to cope with the anger and aggression from your teen. You probably feel exhausted, demoralised and are likely to be making huge efforts to get a tiny amount of control

Choose your battles - You can't tackle everything at once, put some issues on the back-burner to be dealt with later

Try not to take it personally - If your child is struggling, it's often because of a range of issues that may have been beyond your control. Once you are aware of them, you can give the support and help to address their fears and worries

Separate the behaviour from your teen – You can still love your teen but not like their behaviour. It is not a package and it is important to try to view the behaviour as a stand-alone issue

Use '3-part statements' like "when you did... I felt... what I want to happen is...". Repeating this, and being consistent in using it, works. Avoid using language that blames and is negative. Think about what you are saying and how you are saying it, such as the tone, etc

Ignoring the behaviour won't make it go away – It is really hard to go through this, but playing it down won't help it go away. If it is not addressed, the violence could increase and become a life-long pattern; help them break the pattern

Keep yourself safe – This is so important and ensure you and other members of the family are safe. If you can spot the signs of the conflict turning into violence, have a safety plan for those times. Try to go to a place of safety while you decide what to do next. Call the police if you need to

Calling the police - You may feel reluctant to call in the police as you may not want your child to get into serious trouble or for other reasons. If you are in fear for your safety or you are feeling threatened it is ok to call the police to help diffuse the situation and for you to feel safe

Redress the balance - Often the only attention you will be giving your teen is in response to negative behaviour. If you feel able to, find moments where you can show your appreciation when they are doing well

Be aware of your own responses and reactions to conflict - You might be inflaming the situation without meaning to, for example, by shouting or responding back with aggression. Keep yourself calm. Leave the room for a while if you need to. Respond rather than react.

Try to find the root of the anger - School pressures, bullying, friendships, mental health, family breakdown, illness can all be trigger factors that add to a child's stress levels. They are not excuses but may be reasons for it. Talking through the pressures, listening to your teen attentively, without judging, interrupting or directing them can help them to offload their feelings and release the pressure constructively.

Help them develop self-strategies – Helping your teen to understand the triggers and what to do when they are angry is crucial to help them overcome this. When things are calm, have a chat and find out what they think would work for them. It may be a case of trial and error but it is good to help them manage their emotions and find a different outlet for their angry feelings.

Give them space - Once they have calmed down, you may be able to talk to them about what has happened and suggest they let you find them some help.

Don't fight fire with fire - Avoid using violence with your teen. If you are hitting your teenager in response, then you are giving them the message that it is OK to use violence to solve disagreements. By avoiding using violence, you are setting a positive example of what you find acceptable.

Get support for yourself - Know what support you need, and pick and mix from your friends and relatives to get the best fit that you can.

The below agencies can offer good advice and support:

Impact Family Services: 4567577

RESTART: 4246027

The Key Community: 4969710

Or alternatively ask to speak with a Designated Safeguarding Lead in confidence within school.



If you have any concerns about the safety and/or welfare of a child or young person, telephone the Front Door Children's Social Care Team on 0191 4245010. Outside of office hours, please contact the Emergency Out of Hours Team on: 0191 4562093. You can also contact school and speak with one of our DSL's for further advice.

Supporting Friends and Family suffering CPV

Child and adolescent violence can make parents/ care-givers feel isolated, guilty and ashamed. They may worry that their parenting skills will be questioned and that they will be blamed or disbelieved by those whom they disclose the violence to, Many parents worry that they won't be taken seriously or that if they are, they will be held to account and their children will be taken away from them and/or criminalised.

IT TAKES COURAGE TO ADMIT THIS IS HAPPENING WITHIN A FAMILY

When someone you know is experiencing (or you suspect they are experiencing) this type of violence and abuse, let them know that you are concerned and offer them support.

LISTEN, BELIEVE AND SUPPORT

DO:

- Listen to them and believe in their experience without minimising, blaming or judgement
- Offer practical support by asking 'How can I help you?' or 'What can I do to make you and your family feel safer?'
- Be aware that this is a very difficult family situation to be in
- Respect their privacy. Keep the information confidential unless they give you permission to tell others or you think someone is at risk of harm
- Encourage parents/ care-givers to care for themselves and to consider their own needs
- Encourage them to think about safety planning
- Help them find information they need (helplines, services, contact numbers)
- Offer to accompany them to any appointments/services

DON'T

- Tell them what to do
- Confront the child/adolescent
- Excuse the violence. Abuse
- Give solutions or make false-promises
- Criticize the way they are dealing with the situation
- Expect to fix the situation. It is important not to be disappointed if they do not do what you think that they should.

Help them to access support from the below agencies:

Parentline: 0808 800 2222

Childline: 0800 1111

Respect: 0808 802 4040

Children's Social Care: 0191 4245010/ Out of Hours: 4562093

Adult's 'Lets Talk' Team: 0191 4246000

Impact Family Services: 4567577

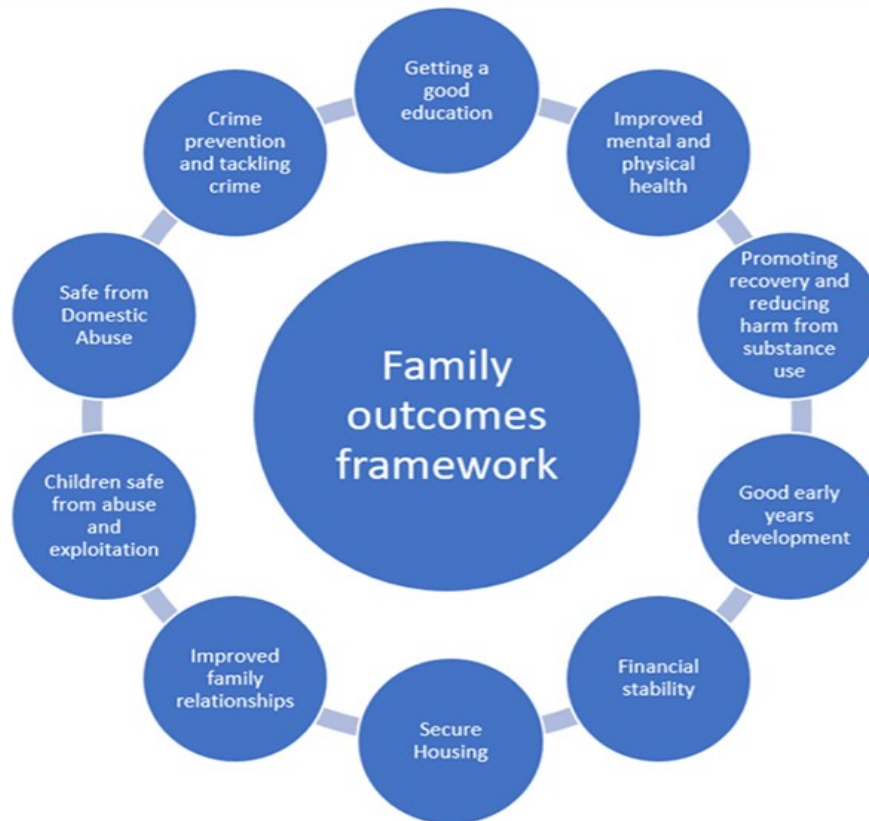
RESTART: 4246027

The Key Community: 4969710

Or alternatively, ask to speak with a Designated Safeguarding Lead at the child's school.

Family Support

Do you feel like you need support in three or more of the below areas? If you do, speak to a Designated Safeguarding Lead in School who can help to signpost/refer you to support.



Children's Centre Contact Details

Hebburn, Jarrow & Primrose

Hebburn Children's Centre
Campbell Park Road
Hebburn
NE31 1QY
0191 4287650

Jarrow Children's Centre
Stanley Street
Jarrow
NE32 3BQ
0191 4836630

Primrose Children's Centre
Lambton Terrace
Jarrow
NE32 5QY
0191 4244900

Bede, Biddick & Boldon

Bede Children's Centre
Inverness Road
Jarrow
NE32 4AQ
0191 422 0030

Biddick Hall and Whiteleas Children's Centre
Galsworthy Road
South Shields
NE34 9JD
0191 423 4980

Boldon Children's Centre
Reginald Street
Boldon Colliery
NE35 9DG
0191 519 5920

Horsley Hill, Ridgeway & Whitburn & Marsden

Horsley Hill Children's Centre
Norham Avenue North
South Shields
NE34 7TD
0191 456 9404

Ridgeway Children's Centre
Park Avenue
South Shields
NE34 8AB
0191 456 7751

Whitburn and Marsden Children's Centre
Cleadow Lane
Whitburn
SR6 7NS
0191 529 4819

All Saints, Riverside & Marine Park

All Saints Children's Centre
Whitehall Street
South Shields
NE33 4SU
0191 420 7657

Riverside Children's Centre
Garrick Street
South Shields
NE33 4JT
0191 423 4971

Marine Park Children's Centre
Flagg Court
South Shields
NE33 2LS
0191 456 5418